

JULY 2015

****menu subject to change****

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Crisp Green Salad & Milk Served Every Day, Wheat Bread as Needed.		1 Ham Hocks w/ Lima Beans, Cornbread Cooked Greens Fresh Fruit	2 Lunch @ Red Wind Casino	3  Independence Day	4
5	6 Tuna Casserole Whole Wheat Roll Broccoli Spears Jello/Fruit	7	8 ISLAND FOOD 	9 Salmon Brown Rice Pilaf Roasted Kale Fresh Fruit	10 Split Pea Soup Ham Sandwich Fresh Fruit	11
12	13 Meatloaf Mashed Potatoes Veggie Blend Jello/Fruit	14	15 Halibut Fish & Chips Steamed Clams Cole Slaw Fresh Fruit	16 Paprika Chicken Buttered Noodles Veggie Blend Fresh Fruit	17 Beef Stew Wheat Roll Fresh Fruit	18
19	20 Swedish Meatballs Buttered Noodles Veggie Blend Jello/Fruit	21	22 Salmon Oven Potatoes Roasted Veggies Fresh Fruit	23 Beef Stir Fry Asian Noodles Veg. Egg Roll Fresh Fruit	24 Chicken & Dumplings Garden Veggies Wheat Bread Fresh Fruit	25
26	27 Salisbury Steak Mashed Potatoes Green Beans Jello/Fruit	28	29 Marinated Pork Tenderloin Potato Medley Roasted Veggies Fresh Fruit	30 Ground Elk/Beef Gravy Mashed Potatoes Veggie Blend Fresh Fruit	31 Sausage Gravy and Biscuits Scrambled Eggs Fresh Fruits	